

# The Last Summer Fling

BY MC2(SW) MICHAEL HART  
*Penny Press Editor*

The weather went against all stereotypes for the area. The sun shined with intensity and the sky was void of any clouds. The weather, for a lack of a better word, was a perfect example of what summer should be.

In the warm, sunny weather, families gathered at the softball field on Naval Station Everett to enjoy USS Abraham Lincoln’s (CVN 72) command picnic on Aug. 25.

The picnic, which was sponsored by Abe’s Morale, Welfare and Recreation, or MWR, office, offered Sailors and their families a chance to spend quality time together.

“This is a chance to get Sailors and their kids together before school starts,” said John Porter, Abe’s MWR officer. “It’s also a chance to enjoy the good weather before it goes away.”

The picnic returned due to the positive response MWR received last year from the inaugural event.

“We decided to do another one because the last one was such a success,” said Porter.

However, unlike last year, where MWR and the MWR committee members set up and ran almost all of the events, MWR decided to bring in a third party to help with the picnic’s entertainment.

“We brought in ‘Interactive Picnic Experience’ because we wanted to try something new for the younger crowd and wanted



Photo by MCSN Geoffrey Lewis

Even the chief petty officer selectees were in on the fun running the dunk tank. There, Sailors could try and soak their future leading chief petty officers.

more things where parents and children could participate in.”

Porter went on to say that Interactive Picnic Experience brought the sound system, disk jockey, various games and contests.

The games that MWR and Interactive Picnic Experience sponsored were a hit among the parents.

“I’m happy to see all the age-appropriate activities,” said

Turn to MWR, Page 2

## Abe Enters Drydock Period in Puget Sound Naval Shipyard

BY USS ABRAHAM LINCOLN  
 MEDIA OFFICE

USS Abraham Lincoln (CVN 72) departed Naval Station Everett Tuesday morning in transit to Bremerton Naval Base and Puget Sound Naval Shipyard.

Lincoln is going to Bremerton to prepare for the upcoming Dry-dock Planned Increment Availability (DPIA) period following a scheduled Western Pacific deployment.

During this Western Pacific deployment, Lincoln’s Air Department, V-4 division set a new record by transferring 27,559,818

gallons of JP-5 fuel during 13 underway replenishments.

The ship safely navigated more than 41,000 nautical miles during the deployment with aircraft from CVW-2 flying 7,871 sorties, with a total of 7,578 catapult launches from the flight deck.

# NEWS

## MWR

*Continued from page 1*

Summer Simpson, Aviation Electronics Technician 1<sup>st</sup> class (AW/SW) Robert Simpson's wife.

The Simpsons took their two children to the first command picnic; their children enjoyed the last one so much, they were excited to hear they were going again.

"The kids were very excited when we told them we were going to the picnic again," said Simpson.

Other Sailors found the picnic a good opportunity to meet their future co-workers.

"This picnic is a good opportunity to meet new people," said Machinist Mate 2<sup>nd</sup> Class Frank Rhoades. "And my kids could spend hours inside the bounce house."

Thanks to MWR, Abe Sailors had the opportunity to meet new co-workers, spend quality time with their families and have one last event in the perfect summer weather.

(RIGHT) Hula Hoops prove to be fun for kids of all ages. Interactive Picnic Experience brought various contests for everyone to enjoy. (BELOW) Tug-o-war was another activity that Sailors and their spouses enjoyed at the picnic. Photos By MCSN Geoffrey Lewis.



**All officers and chiefs' must be personally involved in assigning, observing, checking, correcting and instructing during Happy Hour.**



## September 1, 1945

USS Benevolence (AH 13) evacuates civilian internees from two internment camps near Tokyo, Japan.

The Penny Press is an authorized publication for members of the military services and their families. Its content does not necessarily reflect the official views of the U.S. Government, the Department of Defense, the Department of the Navy, or the Marine Corps and does not imply endorsement thereby. All articles are subject to editing. Due to a need for timely news stories, there is no guarantee when a particular story will run.

Commanding Officer.....	Capt. C.A. McCawley
Executive Officer.....	Capt. (Sel) T. E. Nosenzo
Public Affairs Officer.....	Lt. Cmdr. John Filostrat
Media Dept. LCPO.....	MCCS(SW/AW) Jon Annis
Editor.....	MC2(SW) Michael Hart
Staff.....	MC1(AW/SW) Patrick Sullivan
	MC2(SW) Michael Cook
	MC3(AW) M. Jeremie Yoder
	MC3 Jordon Beesley
	MC3 James McGury
	MCSN Ronald Dallatore
	MCSN James Evans
	MCSN Timothy Roache
	MCSN Michael McNabb
	MCSN Geoffrey Lewis



# News

## Deploying? Your Family Should be Ready Too

By FLTCM(SW/AW) JACQUELINE DiROSA  
*Special to the Penny Press*

In today's Navy, the reality is that shore duty isn't the same as it used to be. Until recently, you spent time on a ship, or overseas, and then transferred to a shore command until it was time for you to go back to a ship.

Now, anyone, anywhere may be called away as an Individual Augmentee (IA). It's just a fact of life now that being in the Navy means being ready to go. Always ready. And just as importantly Sailors should prepare their families to be ready. Allowing families the same opportunity as Sailors for success in an emergency is as vital to readiness as any other precautionary measure.

Family preparedness isn't just for the married Sailors either. Single Sailors should be communicating with their families, too. Do your parents, spouse or next-of-kin know who to call if something happens back home? If something happens to you, do they know where your important papers are? Do they have a copy of your will? Not being prepared for the worst is like the old adage -- a failure to plan is a plan to fail.

Planning in case of natural disasters is a big concern, too. Take time to learn from their lessons now. Make sure your family knows where to call to let people know they are okay. Get educated on the many

resources available to assist your family. Did you know that in response to Katrina and the incredible hurricane season we had last year, the Chief of Naval Operations created Affected Navy Family Assistance (ANFA), which sole purpose is to render speedy and efficient aid to Navy family disaster victims?

Just as General Quarters is important to the safety of the ship and crew, it is just as critical to sit down with your family before there is any urgency and create a custom built emergency plan. A great website from the Virginia Dept. of Emergency Management can assist you with the planning process. Though it's a Virginia-based website, it offers many general guidelines useful anywhere.

In relation to deployment and individual augmentation assignments, even an experienced Sailor would find it hard to foresee all the different issues that could come up while away. The Navy has many forms of support available to family members for just those occasions. The Fleet and Family Support Center is a good place to start. The center offers a range of programs from Personal Financial Management and New Parent Support to Spouse Employment Assistance, Professional Counseling and Deployment Support.

Anyone who has spent more than one deployment on a ship is aware of the run-away rumor mill. Just think what a rumor could do to a loved one who doesn't have

a way to check it out to see if it's true. Your ship's ombudsman is the best place for family members to clear up any misinformation. Hand-selected by the ship's commanding officer,

this person is a liaison between family members and the ship. The ombudsman can also point family members in the right direction when trying to get emergency information to you.

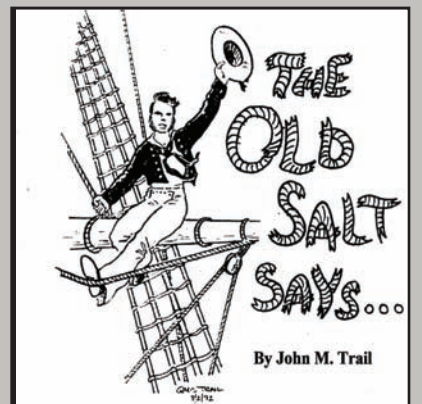
Another good support program for Navy spouses is the Compass team mentoring program. Compass is an all volunteer team of experienced Navy spouses who can introduce your spouse to the ins and outs of daily Navy life. This three-day course (which even provides babysitting during the course) can also provide invaluable resources for support while you're away.

Family preparedness planning is just as important to your readiness as anything you can train for on the ship. Time and information available now will be the very things you and your family will lack during an emergency. Use this time wisely and the outcome will have a big pay off -- maybe even save a loved one's life.



## Back Stays of the Sun

Back in the days of sail, you might hear an old salt talk about the "back-stays of the sun." The back-stays were the wire rope or cable that supported the masts and were arrayed at an angle to the deck. Some Sailors would slide down them to get to the deck faster. The "back stays of the sun" were literally, "twilight rays," alternating lighter and darker bands which appear to diverge in fan-like array from the sun's position through the clouds near twilight. When they continue across the sky to the anti-solar point, they are called "anti-crepuscular rays." To Sailors, they looked like they supported the sun, hence "back-stays."



# Final Words



## Shipmates

*The strength of a warship lies in the hearts and hands of its crew*



Photo By MCSN James R. Evans

Quartermaster Third Class Shane Martin stands watch on the signal bridge as Lincoln arrives at Puget Sound Naval Shipyard (PSNS). Lincoln is scheduled to begin a Drydock Planned Incremental Availability Period (DPIA) at PSNS.

### USS Abraham Lincoln Safety Department's

## Safety Sailor of the Week


While recharging Self-Contained Breathing Apparatus bottles in Hangar Bay 2, Damage Controlman Fireman Eugene Reyna of Engineering Dept.'s DC Div. ensured his safety by using the proper PPE. 



PHOTO BY SKC(SW/AW/SS) RICHARD WARD

**DCFN Eugene Reyna**

## Editor's Top 10

### Things to do in Bremerton when you are bored...

10. Catch the Ferry to Seattle to avoid the Bremelows.
9. Try and pickle your liver with gasoline.
8. Try and find Seagull droppings on the sidewalk that look like Elvis.
7. Ponder if it's better to be underway or in the yards.
6. Thank your personal diety of choice that we missed the Darrington Rock Festival.
5. Two Words:  
Alabama Crab-dangle.
4. Start your own reality hunting show. Name it: 'Bremelow Huntin'.
3. Find different uses for your new hard hat and goggles.
2. Eat dirt.
1. Walk around the boat with a clipboard and see how many places you can get into.